

4-H Food Smart Families Opportunities for Idaho's Youth

Collaborating for Health Building Blocks for a Healthier Idaho

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FOOD SMART FAMILIES

Providing kids and families the skills they need to eat healthier today and tomorrow.

How Will We Accomplish This?

- Leveraging the power and reach of the Cooperative Extension/Land Grant University system to reach into every county across America
- Targeted marketing plan with a national message and unique local activations
- Standardized programming, training, and evaluation

What is Food Smart Families:

Through hands on experience with budgeting and cooking, families learn how to stretch limited resources while also making mealtime fun.

> The goal of Food Smart Families is to create food secure homes.

Key Message:

- National Replication and Sustainability Model
- · Lasting change
- · Fighting hunger
- Creating more food secure homes
 - Eating healthy doesn't have to be expensive

Target Audience:

Families eligible for, or receiving, SNAP and WIC benefits, but the skills and resources can be applied to all families.



- Food Smart Families operating in 75% or more states across America
- 250,000 kids and 650,000 family members reached with Food Smart Families skills



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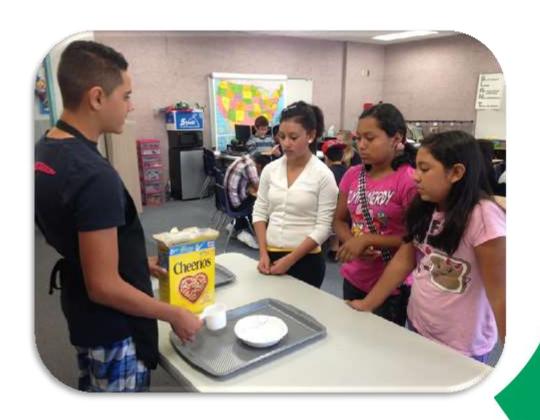


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Smart Fam create food

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By the Numbers 2014-2016

- Youth Reached = 6,353
- Teen Advocates Trained = 32
- College Interns = 20
- ❖ Paid Staff = 32
- Participating Counties = 22 of 42
- Partnering Organizations = 68



Admin Sign-off

Structure

Interns & Teens



4-H is based on youth-adult partnerships.





Teen Advocate Training

- Leadership and YA4H!*
- 16 hours
- Leadership & Group Interaction Skills
- Behavior Management
- My Plate Nutrition
- Snack Preparation
- Food & Kitchen Safety





Effective Youth adult Partnerships ... are harnessing contributing creativity and expanding healthy skills in the community together



Intern Training

- Leadership & Group Interaction Skills
- Behavior Management
- Evaluation Strategies
- Basic Nutrition
- Snack Preparation
- Food Safety
- Self Study
- University Processes





Impact



Strength in self-efficacy for healthy eating average score was 4.7

(0-18, lower score means strength in self-efficacy).

- Learned the foods they should eat every day, (95%)
- What makes up a balanced diet, (91%)
- Why it is important to eat a healthy diet, (94%)
- How to make healthy food choices, (95%)
- Drink more water, (88%)

Impact

Youth selected it was 'not hard at all' (55%) or 'a little hard' (30%) to:

- Choose water instead of soda pop or Kool-Aid.
- Drink 1% or skim milk instead of 2% or whole milk.
- Drink less soda pop.



I had experienced a successful youth-adult partnership.

Before the program:

- Strongly agree = 1
- Agree = 9
- Not sure = 2
- Disagree = 2

After the program:

- Strongly agree = 11
- Agree = 3

The program made sure I had everything I needed to be successful as a teen teacher. (n=14)

- Strongly agree = 10
- Agree = 4



After the program I can (n=13):

- >Work as a team member.
 - Good Ability = 5
 - Excellent Ability = 8
 - >Speak before a group.
 - Some Ability = 2
 - Good Ability = 5
 - Excellent Ability = 6
 - >Teach others.
 - Good Ability = 6
 - Excellent Ability = 7

I can make a difference in my community through community service. (n=14)

- Strongly Agree = 12
- Agree = 2

I am more confident in helping other.

- Strongly Agree = 10
- Agree = 3
- Disagree = 1





- See value of working with staff and interns.
- Understand importance of healthy living, making healthy choices.
- Decreased intake of junk food and soda.
- Comfortable teaching with adult or on their own.

Internship Impact











Thank you.

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